

3.002 Feeling of nervous tension 104

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Have you often felt on edge or keyed up or mentally strained?

- What is that like?
- How severe is it?
- Do everyday problems get on top of you?
- Do you tend to startle too easily?

There is no need for autonomic accompaniments for this symptom to be rated present though they usually are. Include exaggerated startle response. Feels strain only in relation to real problems = mild. If R says she or he is anxious but does not describe autonomic symptoms, consider rating here.

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Glossary definition:

A feeling of inner restlessness or unease expressed in terms such as 'nerves', 'being on edge', 'being keyed up'. (Being 'up-tight' or 'wound-up' implies a degree of muscular tension as well and the two symptoms commonly co-exist.)

Nervous tension is a state of arousal that has three basic characteristics of many non-specific and neurotic symptoms - it is unpleasant, not under voluntary control and not fully explicable in situational terms. There is likely to be an exaggerated startle response. Autonomic symptoms such as are dealt with in Section 4 may or may not be frankly present; they are not a requirement for the symptom. Nervous tension is not linked to any particular mental content though it often does accompany symptoms such as worry and anxiety, and may appear as a precursor to them.

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Differentiation from other symptoms:

'Muscular tension' (item 3.00) is frequently present but it is not the same symptom and should be rated independently. Nervous tension should be differentiated from 'Anxiety' (item 4.0) and 'Anxious foreboding' (item 4.0), for which clear-cut autonomic symptoms must be present.

Normal situational nervousness, such as being keyed up before taking an examination, should be rated 0, not 1.



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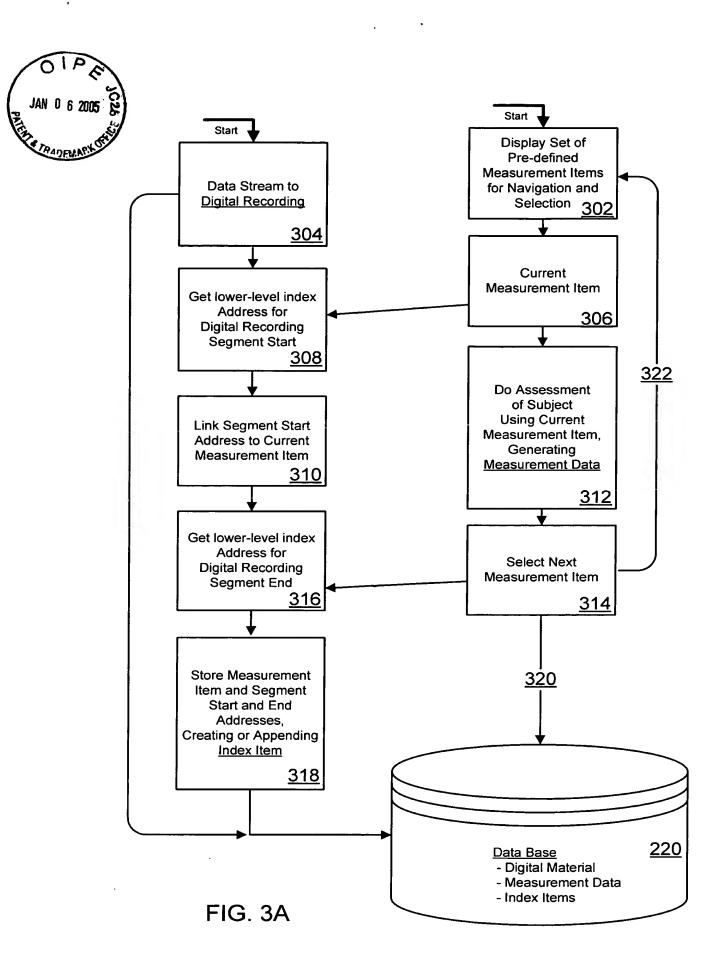
Rating Scale: ·

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- This is a positive rating of absence. It does not mean 'not known' or 'uncertain whether present or not'. It can only be used if sufficient information is available to establish its accuracy.
 - This is a positive rating of presence, but presence of such a minor degree that it is not appropriate for use in classification. Like (0), it does not mean 'not known' or 'uncertain'. Ratings of (1) count in scores, which in turn influence the level allocated on the Index of Definition.
- This rating means that the item is present at a level sufficient to use in classification.
 For this purpose it is equivalent to 3, but it contributes less to scores. In general, it is used when symptoms are of moderate severity during most of the period being assessed.
- 3. A rating of (3) is similar to (2) except that the symptom is present in severe form for most of the period under review.
- 5. The presence of psychotic symptoms can make the rating of Part One items very difficult, because of problems in interpreting the meaning of what R says, or because the symptoms (for example, anxiety or a phobia about leaving one's house) may themselves be based in psychotic experiences. The rating should only be made when there is genuine doubt about the nature of the symptom or the balance is in favor of the symptom being psychotic.
- 8. If, after an adequate examination, the interviewer is still not sure whether a symptom is present (rated 1-3) or absent (rated 0), the rating is (8). This is the only circumstance in which (8) is used. It should not be used to indicate a mild form of the symptom.
- 9. This rating is only used if the information needed to rate an item is incomplete in some respect, for example because of language or cognitive disorder, or lack of cooperation, or because the interviewer forgot to probe sufficiently deeply. It is distinguished from (8) because the examination was not, for whatever reason, carried out adequately.



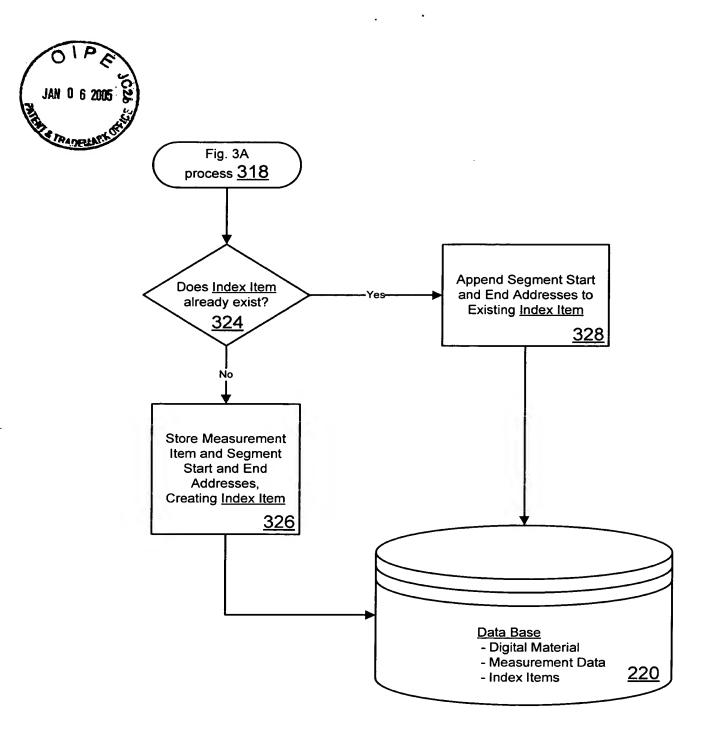
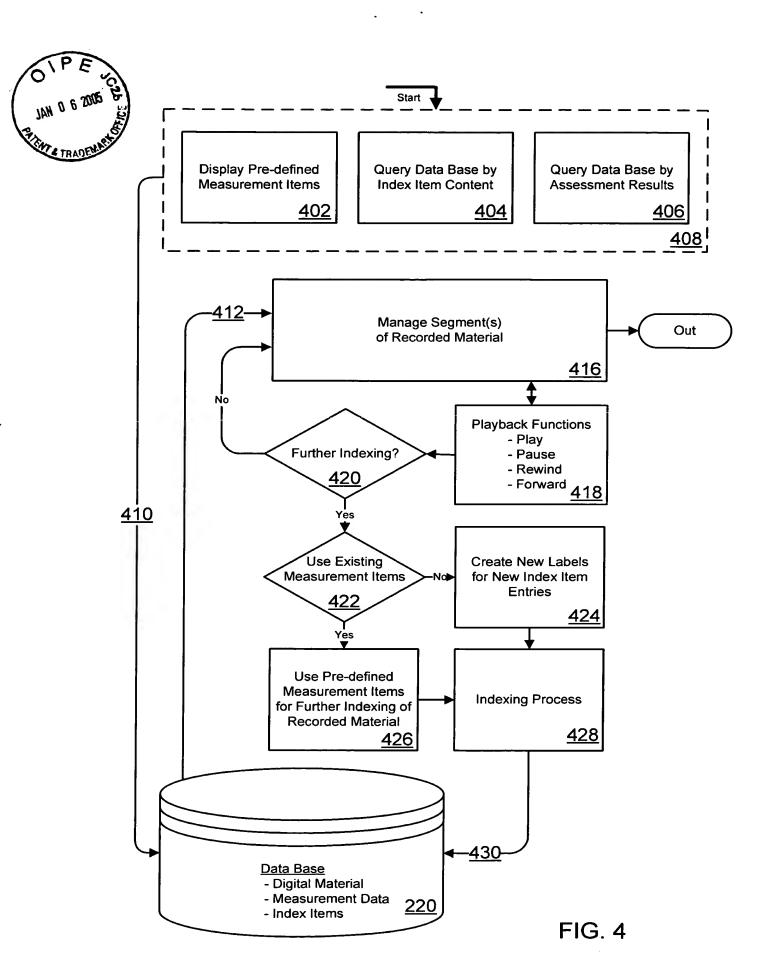


FIG. 3B



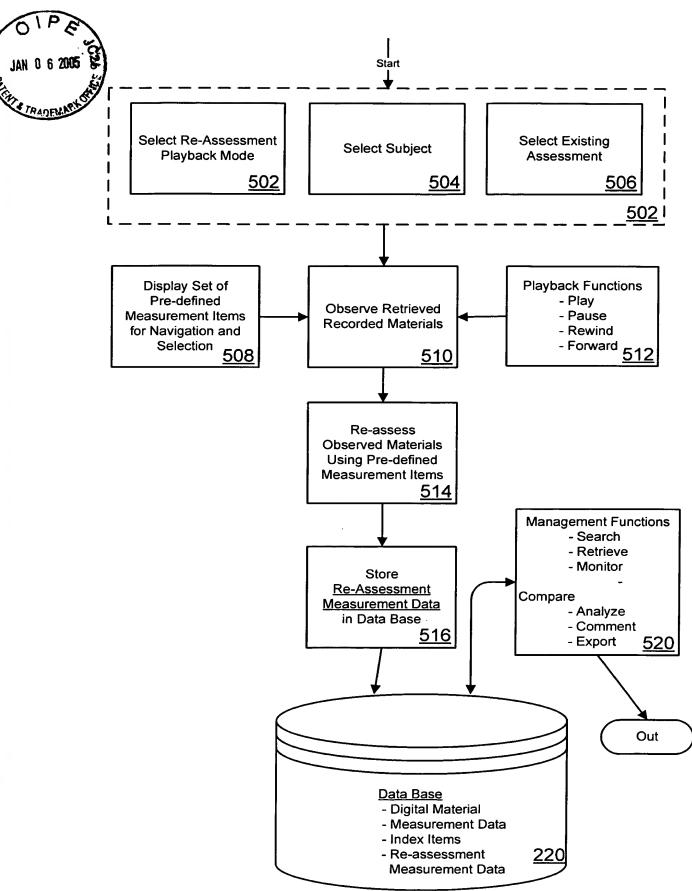
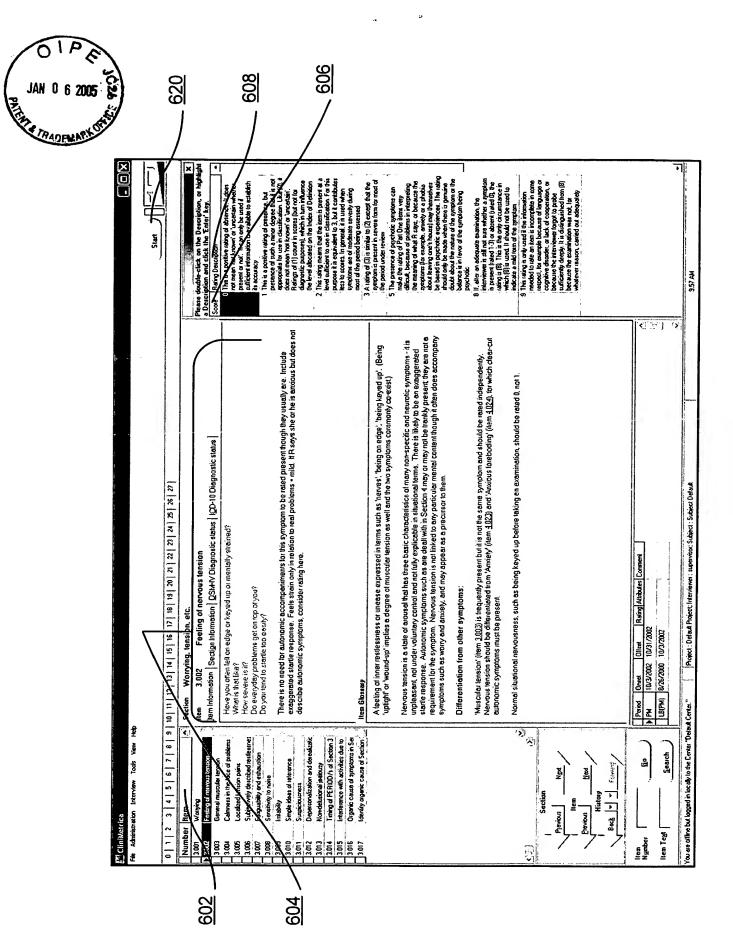


FIG. 5



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